

**THE ORDER FOR THE ADMINISTRATION
OF
THE LORD'S SUPPER
or
HOLY COMMUNION,
COMMONLY CALLED
THE HOLY EUCHARIST**

Anglican Standard Text

**March 13, A.D. 2022
Second Sunday of Lent**



Welcome!

Thanks for joining us for worship today. Our name, Emmaus, is taken from a place and event near Jerusalem on the afternoon of Easter. Jesus met up with two disciples fleeing the city, dejected. They didn't recognize him, so along the way, he explained the Old Testament to them—how it pointed to him. Then, they invited him in to a house in the town of Emmaus. When he broke the bread at table, their eyes were opened and they recognized him. Thinking back, they realized their hearts burned within them as he explained the Scriptures to them. That is our hope for each Sunday as we gather for worship—that we would encounter Jesus in Scripture and the breaking of bread.

Please leave your name, phone, and email at the guest register in the entryway or narthex. We will get back to you.

For young children, age three and under, feel free to use the nursery in the rear corner. It's hooked up with sound so a parent can hear what's happening in church.

Children age four and up are welcome in Children's Church during the 10:30 service. They go to C.C. after a children's sermon and return for communion with their family.

We serve Sacred Food and Drink here...please don't bring beverages or snacks into church during worship (kids excepted).

Please turn off your cell phones.

A deacon calls the people to prepare themselves for worship.

The people kneel and observe a time of silent prayer.

Preparatory Prayers for Individuals

Be present, be present, o Jesus, our High Priest, as you were present with your disciples, and be known to us in the breaking of bread; who live and reign, with the Father and the Holy Spirit, now and forever. Amen.

They may be said or sung.

Celebrant Lord have mercy upon us.

People **Christ have mercy upon us.**

Celebrant Lord have mercy upon us.

1 Lord, who through-out these for - ty days for us didst fast and pray,
 2 As thou with Sa - tan didst con-tend, and didst the vic-tory win,
 3 As thou didst hun-ger bear and thirst, so teach us, gra-cious Lord,
 4 And through these days of pen - i - tence, and through thy Pas-sion - tide,
 5 A - bide with us, that so, this life of suf - fer-ing o - ver - past,

1 teach us with thee to mourn our sins, and close by thee to stay.
 2 O give us strength in thee to fight, in thee to con-quer sin.
 3 to die to self, and chief - ly live by thy most ho - ly word.
 4 yea, ev - er - more, in life and death, Je - sus! with us a - bide.
 5 an Eas - ter of un - end - ing joy we may at - tain at last!

Words: Claudia Frances Herрман (1838-1898) Music: St. Flavian, melody from Day's Psalter, 1562; adapt. and harm. Richard Redhead (1820-1901)

THE ACCLAMATION

for Lent

Celebrant Bless the Lord who forgives all our sins.

People **His mercy endures forever.**

THE COLLECT FOR PURITY

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

THE DECALOGUE

Deacon God spoke these words and said:

I am the Lord your God. You shall have no other gods but me.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not make for yourself any idol.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not take the Name of the Lord your God in vain.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon Remember the Sabbath day and keep it holy.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon Honor your father and your mother.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not murder.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not commit adultery.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not steal.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not bear false witness against your neighbor.

People **Lord, have mercy upon us,
and incline our hearts to keep this law.**

Deacon You shall not covet.

People **Lord, have mercy upon us, and write all these,
your laws, in our hearts, we beseech you.**

EXODUS 20:1-17; DEUTERONOMY 5:6-21

The musical score is written on five staves in a treble clef with a key signature of one sharp (F#) and a common time signature (C). The lyrics are: "Lord, have mer - cy up - on us. Lord, have mer - cy up - on us. Lord, have mer - cy up - on us. Christ, have mer - cy up - on us. Christ, have mer - cy up - on us. Lord, have mer - cy up - on us. Lord, have mer - cy up - on us. Lord, have mer - cy up - on us. Lord, have mer - cy up - on us." The melody is simple and repetitive, with a central phrase "Lord, have mercy upon us" repeated throughout. The score includes various musical notations such as eighth notes, quarter notes, and half notes, as well as rests and bar lines.

THE COLLECT OF THE DAY

The Celebrant says to the People

The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities that may happen to the body, and from all evil thoughts that may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

CHILDREN'S SERMON

Children are invited forward for a special sermon. Children age three through fourth grade are invited to children's church. They return at the peace to join their families for communion.

“We Must Follow the Lord”

(1978, Fiona Watson)

**We must follow the Lord in all His ways,
Today and every single day;
We must show Him that we love Him,
Our Saviour and our King.**

Old Testament Reading

Genesis 15:1-18

After these things the word of the LORD came to Abram in a vision:

“Fear not, Abram, I am your shield; your reward shall be very great.”² But Abram said, “O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?”³ And Abram said, “Behold, you have given me no offspring, and a member of my household will be my heir.”⁴ And behold, the word of the LORD came to him: “This man shall not be your heir; your very own son shall be your heir.”⁵ And he brought him outside and said, “Look toward heaven, and number the stars, if you are able to number them.” Then he said to him, “So shall your offspring be.”⁶ And he believed the LORD, and he counted it to him as righteousness.

⁷ And he said to him, “I am the LORD who brought you out from Ur of the Chaldeans to give you this land to possess.”⁸ But he said, “O Lord GOD, how am I to know that I shall possess it?”⁹ He said to him, “Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon.”¹⁰ And he brought him all these, cut them in half, and laid each half over against the other. But he did not cut the birds in half.¹¹ And when birds of prey came down on the carcasses, Abram drove them away.

¹² As the sun was going down, a deep sleep fell on Abram. And behold, dreadful and great darkness fell upon him.¹³ Then the LORD said to Abram, “Know for certain that your offspring will be sojourners in a land that is not theirs and will be servants there, and they will be afflicted for four hundred years.¹⁴ But I will bring judgment on the nation that they serve, and afterward they shall come out with great possessions.¹⁵ As for you, you shall go to your fathers in peace; you shall be buried in a good old age.¹⁶ And they shall come back here in the fourth generation, for the iniquity of the Amorites is not yet complete.”

¹⁷ When the sun had gone down and it was dark, behold, a smoking fire pot and a flaming torch passed between these pieces.

¹⁸ On that day the LORD made a covenant with Abram, saying, "To your offspring I give this land, from the river of Egypt to the great river, the river Euphrates.

Reader: The word of the Lord. *People:* **Thanks be to God.**

Psalm 27

¹ The LORD is my light and my salvation; whom then shall I fear?

*The LORD is the strength of my life; of whom then shall I be afraid?

² When the wicked, even my enemies and my foes, came upon me to eat up my flesh, *they stumbled and fell.

³ Though a host were encamped against me, yet my heart would not be afraid, *and though war rose up against me, yet would I put my trust in him.

⁴ One thing have I desired of the LORD; one thing I seek: *that I may dwell in the house of the LORD all the days of my life,

⁵ To behold the fair beauty of the LORD, *and to seek him in his temple.

⁶ For in the time of trouble he shall hide me in his tabernacle; *indeed, in the secret place of his dwelling he shall hide me, and set me high upon a rock of stone.

⁷ And now he shall lift up my head *above my enemies round about me.

⁸ Therefore I will offer in his dwelling an oblation with great gladness; *I

will sing and speak praises unto the LORD.)

⁹ Harken to my voice, O LORD, when I cry unto you; *have mercy upon me and hear me.

¹⁰ You speak to my heart and say, “Seek my face.” *Your face, O LORD, will I seek.

¹¹ O hide not your face from me, *nor cast your servant away in displeasure.

¹² You have been my helper;
*leave me not, neither forsake me, O God of my salvation.

¹³ When my father and my mother forsake me, *the LORD takes me in.

¹⁴ Teach me your way, O LORD, *and lead me in the right way, because of my enemies.

¹⁵ Deliver me not over to the will of my adversaries, *for there are false witnesses who have risen up against me, and those who speak wrong.

¹⁶ I would utterly have fainted, *had I not believed that I would see the goodness of the LORD in the land of the living.

¹⁷ O wait for the LORD; be strong, and he shall comfort your heart. *O put your trust in the LORD.

**Glory be to the Father, and to the Son,
and to the Holy Spirit; *
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Epistle Reading

Philippians 3:17-4:1

Brothers, join in imitating me, and keep your eyes on those who walk according to the example you have in us. ¹⁸For many, of whom I have often told you and now tell you even with tears, walk as enemies of the cross of Christ. ¹⁹Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. ²⁰But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, ²¹who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

Reader: The word of the Lord. ***People:* Thanks be to God.**

**Speak O Lord as we come to You
To receive the food of Your holy word
Take Your truth plant it deep in us
Shape and fashion us in Your likeness**

THE HOLY GOSPEL

Deacon: The Holy Gospel of Our Lord Jesus Christ, according to St. Luke.

***People:* Glory to you, Lord Christ.**

Luke 13:22-30

He went on his way through towns and villages, teaching and journeying toward Jerusalem. ²³ And someone said to him, “Lord, will those who are saved be few?” And he said to them, ²⁴ “Strive to enter through the narrow door. For many, I tell you, will seek to enter and will not be able. ²⁵ When once the master of the house has risen and shut the door, and you begin to stand outside and to knock at the door, saying, ‘Lord, open to us,’ then he will answer you, ‘I do not know where you come from.’ ²⁶ Then you will begin to say, ‘We ate and drank in your presence, and you taught in our streets.’ ²⁷ But he will say, ‘I tell you, I do not know where you come from. Depart from me, all you workers of evil!’ ²⁸ In that place there will be weeping and gnashing of teeth, when you see Abraham and Isaac and Jacob and all the prophets in the kingdom of God but you yourselves cast out. ²⁹ And people will come from east and west, and from north and south, and recline at table in the kingdom of God. ³⁰ And behold, some are last who will be first, and some are first who will be last.”

³¹ At that very hour some Pharisees came and said to him, “Get away from here, for Herod wants to kill you.” ³² And he said to them, “Go and tell that fox, ‘Behold, I cast out demons and perform cures today and tomorrow, and the third day I finish my course. ³³ Nevertheless, I must go on my way today and tomorrow and the day following, for it cannot be

that a prophet should perish away from Jerusalem.’³⁴ O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing!³⁵ Behold, your house is forsaken. And I tell you, you will not see me until you say, ‘Blessed is he who comes in the name of the Lord!’

Deacon: The Gospel of the Lord.

People: **Praise to you, Lord Christ.**

**That the light of Christ might be seen today
In our acts of love and our deeds of faith
Speak O Lord and fulfill in us
All Your purposes for Your glory**

THE SERMON

Deacon Erin Cook

THE NICENE CREED

Let us confess our faith in the words of the Nicene Creed:

Celebrant and People

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, visible and invisible.**

**We believe in one Lord, Jesus Christ,
the only-begotten Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,**

**begotten, not made, of one Being with the Father;
through him all things were made.**

**For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary,
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

**On the third day he rose again in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father [and the Son],
who with the Father and the Son is worshiped and glorified,
who has spoken through the prophets.**

We believe in one holy catholic and apostolic Church.

We acknowledge one Baptism for the forgiveness of sins.

**We look for the † resurrection of the dead,
and the life of the world to come. Amen.**

THE PRAYERS OF THE PEOPLE

The deacon says,

Let us pray for the church and for the world.

Reader Almighty and everliving God, we are taught by your holy Word to offer prayers and supplications and to give thanks for all people. We humbly ask you mercifully to receive our prayers. Inspire continually the universal Church with the spirit of truth, unity, and concord; and grant that all who confess your holy Name may agree in the truth of your holy Word, and live in unity and godly love.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We pray that you will lead the nations of the world in the way of righteousness; and so guide and direct their leaders, especially (_____), that your people may enjoy the blessings of freedom and peace. Grant that our leaders may impartially administer justice, uphold integrity and truth, restrain wickedness and vice, and protect true religion and virtue.

Reader Lord, in your mercy: *People* **Hear our prayer.**

Give grace, heavenly Father, to all Bishops, Priests, and Deacons, *and especially to your servant(s)* _____ that by their life and teaching, they may proclaim your true and life-giving Word, and rightly and duly administer your holy Sacraments. And to all your people give your heavenly grace, especially to this Congregation, (_____), those celebrating birthdays (_____), anniversaries (_____), in our diocese (_____) and in our community (____); that with reverent and obedient hearts we may hear and receive your holy Word, and serve you in holiness and righteousness all the days of our lives.

Reader Lord, in your mercy: *People* **Hear our prayer.**

Prosper, we pray, all those who proclaim the Gospel of your kingdom throughout the world, *especially* _____, and strengthen us to fulfill your great commission, making disciples of all nations, baptizing them and teaching them to obey all that you have commanded.

Reader Lord, in your mercy: *People* **Hear our prayer.**

For our brothers and sisters in Christ who are persecuted for their faith, especially in _____.

Reader Lord, in your mercy: *People* **Hear our prayer.**

For soldiers of this nation deployed to fight for the sake of righteousness and freedom, and for those who bear the wounds of combat: _____.

Reader Lord, in your mercy: *People* **Hear our prayer.**

We ask you in your goodness, O Lord, to comfort and sustain all who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity [especially _____].

Reader Lord, in your mercy: *People* **Hear our prayer.**

We remember before you all your servants who have departed this life in your faith and fear, [especially _____,] that your will for them may be fulfilled; and we ask you to give us grace to follow the good examples of [_____, and] all your saints, that we may share with them in your heavenly kingdom.

Reader Lord, in your mercy: *People* **Hear our prayer.**

The Deacon concludes with this or some other appropriate Collect.

Heavenly Father, grant these our prayers for the sake of Jesus Christ, our only Mediator and Advocate, who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever. **Amen.**

THE CONFESSION AND ABSOLUTION OF SIN

The Deacon or other person appointed says the following

All who truly and earnestly repent of your sins and seek to live in love and charity with your neighbors, and intend to lead the new life, following the commandments of God, and walking in his holy ways: draw near with faith and make your humble confession to Almighty God.

Silence

The Deacon and People kneel as able and pray

**Almighty God, Father of our Lord Jesus Christ,
maker and judge of us all:**

**We acknowledge and lament our many sins and offenses,
which we have committed by thought, word, and deed
against your divine majesty,
provoking most justly your righteous anger against us.**

**We are deeply sorry for these our transgressions;
the burden of them is more than we can bear.**

Have mercy upon us,

**Have mercy upon us, most merciful Father;
for your Son our Lord Jesus Christ's sake,
forgive us all that is past;
and grant that we may evermore serve and please you in newness
of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.**

The Bishop or Priest stands and says

Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

THE COMFORTABLE WORDS

The Celebrant may then say one or more of the following sentences, first saying

Hear the Word of God to all who truly turn to him.

Come to me, all who labor and are heavy laden, and I will give you rest. MATTHEW 11:28

God so loved the world, that he gave his only-begotten Son, that whoever believes in him should not perish but have eternal life.

JOHN 3:16

The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners. 1 TIMOTHY 1:15

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world. 1 JOHN 2:1-2

THE PEACE

The peace of the Lord be always with you.

And with your spirit.

Then the Ministers and People may greet one another in the Name of the Lord.

THE OFFERTORY

Ascribe unto the LORD the honor due unto his Name; *
bring offerings and come into his courts. Psalm 96:8.

*Please leave your offering in the basket at the table in the narthex
(entryway). The ushers present the bread and wine to the deacon.*

My Faith Looks Up To Thee (*Instrumental*)

When the altar is prepared the ushers present the people's offering of money, with the children at 10:30, and we sing...

Glory Be to the Father

Glory be to the Father and to the Son and to the Ho-ly Ghost; as it was in the be-
gin-ning, is now, and ev-er shall be, world without end. A - men. A - men.

Priest. All things come from you O Lord.
And of your own, have we given you.

THE SURSUM CORDA

The People remain standing. The Celebrant faces them and sings or says

The Lord be with you.

People **And with your spirit.**

Celebrant Lift up your hearts.

People **We lift them up to the Lord.**

Celebrant Let us give thanks to the Lord our God.

People **It is right to give him thanks and praise.**

The Celebrant continues

It is right, our duty and our joy, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth. You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Ho - ly, ho - ly, ho - ly, Lord God of

Hosts: Hea - ven and earth are full of thy glo - ry. Glo -

ry be to thee, O Lord Most High. Bless - ed is he that com - eth

in the name of the Lord. Ho - san - na in the high - est.

THE PRAYER OF CONSECRATION

The People kneel or stand. The Celebrant continues

All praise and glory is yours, O God our heavenly Father, for in your tender mercy, you gave your only Son Jesus Christ to suffer death upon the Cross for our redemption. He made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and he instituted, and in his Holy Gospel commanded us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

So now, O merciful Father, in your great goodness, we ask you to bless and sanctify, † with your Word and Holy Spirit, these gifts of bread and wine, that we, receiving them according to your Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

On the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it, and gave it to his disciples, saying, "Take, eat; this is my Body, which is given for you: Do this in remembrance of me." †

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the forgiveness of sins: Whenever you drink it, do this in remembrance of me." †

Therefore, O Lord and heavenly Father, according to the institution of your dearly beloved Son our Savior Jesus Christ, we your humble servants celebrate and make here before your divine Majesty, with these holy gifts, the memorial your Son commanded us to make; remembering his blessed passion and precious death, his mighty resurrection and glorious ascension, and his promise to come again.

And we earnestly desire your fatherly goodness mercifully to accept this, our sacrifice of praise and thanksgiving; asking you to grant that, by the merits and death of your Son Jesus Christ, and through faith in his Blood, we and your whole Church may obtain forgiveness of our sins, and all other benefits of his passion.

And here we offer and present to you, † O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice. We humbly pray that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, be filled with your grace and heavenly benediction, and be made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, because of our many sins, to offer you any sacrifice, yet we ask you to accept this duty and service we owe, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord.

By him, and with him, and in him, in the unity of the Holy Spirit, all honor and glory is yours, Almighty Father, now and forever. **Amen.**

THE LORD'S PRAYER

And now as our savior Christ has taught us, we are bold to pray:

Officiant and People

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And † lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

THE FRACTION

If the consecrated Bread was not broken earlier, the Celebrant breaks it now.

A period of silence is kept.

Celebrant Christ our Passover Lamb has been sacrificed, once for all upon the Cross.

People **Therefore let us keep the feast.**

THE PRAYER OF HUMBLE ACCESS

Celebrant and People together may say

**We do not presume to come to this your table, O merciful Lord,
trusting in our own righteousness,
but in your abundant and great mercies.
Apart from your grace,
we are not worthy so much as to gather up
the crumbs under your table;
but you are the same Lord
whose character is always to have mercy.
Grant us, therefore, gracious Lord,
so to eat the flesh of your dear Son Jesus Christ,
and to drink his blood,
that our sinful bodies may be made clean by his body,
and our souls washed through his most precious blood,
and that we may evermore dwell in him, and he in us. Amen.**

O Lamb of God, that ta - kest a -

way the sins of the world, have mer - cy up -

on us. O Lamb of God, that

ta - kest a - way the sins of the world, have

mer - cy up - on us. O Lamb of

God, that ta - kest a - way the sins of the

world, grant us thy peace.

THE MINISTRATION OF COMMUNION

Facing the People, the Celebrant may say the following invitation

The gifts of God for the people of God. [Take them in remembrance that Christ died for you and feed on him in your hearts by faith, with thanksgiving.]

Please come forward by row up the center to receive the Sacrament. All baptized Christians are welcome. Take and eat the bread, then take and drink the wine. The cups will be cleaned reverently as they held the blood of Christ.

If you are not baptized, it would be our pleasure to bless in the Lord's Name. Please come forward, cross your arms over your chest, and the priest will offer up a special prayer for you. If you need gluten free bread, let the priest know.

THE ACT OF SPIRITUAL COMMUNION

For those who cannot receive the Sacrament this day.

1 My faith looks up to thee, thou Lamb of Cal - va - ry,
 2 May thy rich grace im - part strength to my faint - ing heart,
 3 While life's dark maze I tread, and griefs a - round me spread,

Sa - vior di - vine! Now hear me while I pray, take all my
 my zeal in - spire; as thou hast died for me, O may my
 be thou my guide; bid dark-ness turn to day; wipe sor - row's

guilt a - way; O let me from this day be whol - ly thine.
 love to thee pure, warm, and change-less be, a liv - ing fire.
 tears a - way, nor let me ev - er stray from thee a - side.

Words: Ray Palmer (1898-1887) Music: Oliver Lowell Mason (1792-1872)

THE POST COMMUNION PRAYER

After Communion, the Celebrant says

Let us pray.

Celebrant and People together say the following,

**Almighty and everliving God,
we thank you for feeding us, in these holy mysteries,
with the spiritual food of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us, through this Sacrament, of your favor and
goodness towards us:
that we are true members of the mystical body of your Son,
the blessed company of all faithful people;
and are also heirs, through hope,
of your everlasting kingdom.
And we humbly ask you, heavenly Father,
to assist us with your grace,
that we may continue in that holy fellowship,
and do all the good works that you have prepared for us to
walk in;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honor and glory, now and forever. Amen.**

*People accompany their first three responses with a sweep of the arm towards the cross above the holy table, and their final response with a sweep towards heaven.
From the Book of Common Prayer of Kenya.*

Minister All our problems,
People **We send to the cross of Christ.**
Minister All our difficulties.
People **We send to the cross of Christ.**
Minister All the devil's works.
People **We send to the cross of Christ.**
Minister All our hopes,
People **We set on the risen Christ!**

THE BLESSING

The Priest gives the blessing.

1 Lead us, heaven - ly Fa - ther, lead us o'er the world's tem -
 2 Sa - vior, breathe for - give - ness o'er us; all our weak - ness
 3 Spi - rit of our God, de - scend - ing, fill our hearts with

pes - tuous sea; guard us, guide us, keep us, feed us,
 thou dost know; thou didst tread this earth be - fore us;
 heaven - ly joy; love with ev - ery pas - sion blend - ing,

for we have no help but thee, yet pos - ses - sing
 thou didst feel its keen - est woe; yet un - fear - ing,
 plea - sure that can nev - er cloy; thus pro - vid - ed,

ev - ery bless - ing, if our God our Fa - ther be,
 per - se - ver - ing, to thy pas - sion thou didst go,
 par - doned, guid - ed, noth - ing can our peace des - troy.

Words: James Edmeston (1791-1867), alt. Music: *Dulce carmen*, melody from *An Essay on the Church Plain Chant*, 1782; adapt. Collection of *Motets or Anthems*, ca. 1840; harm. William Henry Monk (1823-1889)

SERVING TODAY

	8:00	10:30
Lector	Dave	Scott
Acolyte	Kelsey	Alice
Jr Acolyte		Sam
Ushers	Cadwell	Van Keuren
Children's Church		Emily
Nursery:		Candi
Prayer team	Cheryl	Ben
Flowers:	None during Lent. The picture in the niche was painted by Laurie Gough in high school.	

THIS WEEK

Sunday: 8:00 & 10:30 Holy Eucharist; 9:30 Class, Choir
12:25 Bells; 4:00 Healing Service

Wednesday: 9:00 am Eucharist, 10:00 Class

Thursday: 3:00 Intercessory Prayer

Saturday: 8:00 MESS; 10:30 Peggy Thompson Memorial Service

The APP: Emmaus Anglican (Colorado) is available at the google Play Store or the Apple App Store. There are a few “Emmaus Anglicans” out there. You’ll recognize ours by “Colorado” and the familiar Jerusalem Cross. You can use the app to watch or listen to past sermons, get the calendar, message between members, and give. On the bottom of the screen will be a Giving Icon; tap that and enter a \$1 donation (you do not have to complete the donation) then set up your account with a name and email address and password. You can then back out of the app or go back to the home screen. If you wish to make a donation or set up a recurring gift, you can do so right away.

LENTEN STUDY
On The 10 Commandments
A Catechesis on the Decalogue
By Joshua Nelson

As Christians living in the modern and New Testament world, why should we learn the Ten Commandments?

The Ten Commandments are not just a list of rules from a by-gone era. They were, to Israel, and still are, to the Church, an intimate connection to mankind to protect, purify, perfect, and purpose His people.

These simple ten commands are for you. These instructions let us look at how God first connected to his people through written word and continues to connect to us today.

Sundays: 9:30-10:15 with Joshua Nelson

Wednesdays 10:00-11:00 w/Fr. Theron Walker

Pick up your copy on the First Sunday of Lent.

Week 1: Sunday March 6 & Wed. 9th

Week 2: Sunday 13th & Wed. 16th

Week 3: Sunday 20th & Wed. 23

Week 4: Sunday 27th & Wed. 30th

Week 5: Sunday April 3 & Wed. 6th

Palm Sunday: No class.

HELP FOR UKRAINE
WITH ANGLICAN RELIEF AND DEVELOPMENT

Emmaus' Parish Council voted unanimously to send \$5,000 from our reserves to help with this effort. Please read the letter from Archbishop Foley Beach.

Sisters and Brothers in Christ,

Lenten Greetings in the Name of Christ Jesus! As we begin our Lenten pilgrimage, let us not ignore the humanitarian catastrophe unfolding before our eyes in Europe. Our hearts are breaking at the scenes of Ukrainians under attack from Russian forces with bombs landing in neighborhoods, schools, and playgrounds. Many of us have family and friends living and working in Ukraine or serving with the local church.

As the crisis intensifies and Ukrainians fight for their lives, more and more Ukrainians are being displaced and made homeless. Others will be without basic necessities like water, shelter, and food as basic infrastructure is destroyed. **The Anglican Relief and Development Fund (ARDF) has mounted a campaign to raise funds to help. We are currently partnering with those inside Ukraine and those working in bordering countries being overwhelmed with refugees.**

Are you able to help? ARDF has received a \$100,000 challenge gift to match dollar for dollar the first \$100,000 received. This means your personal gift can be doubled. Beyond giving financially to these efforts, your prayers are vital. Prayer really does make a difference! Pray for the Ukrainian people and their leaders, the Russian people and their leaders, the numerous Christian leaders and missionaries in the country, and for the hundreds of thousands of refugees. Ask God to intervene.